

### Coverage of Nutrition and Health Interventions in GOA *Insights from the National Family Health Survey-4*

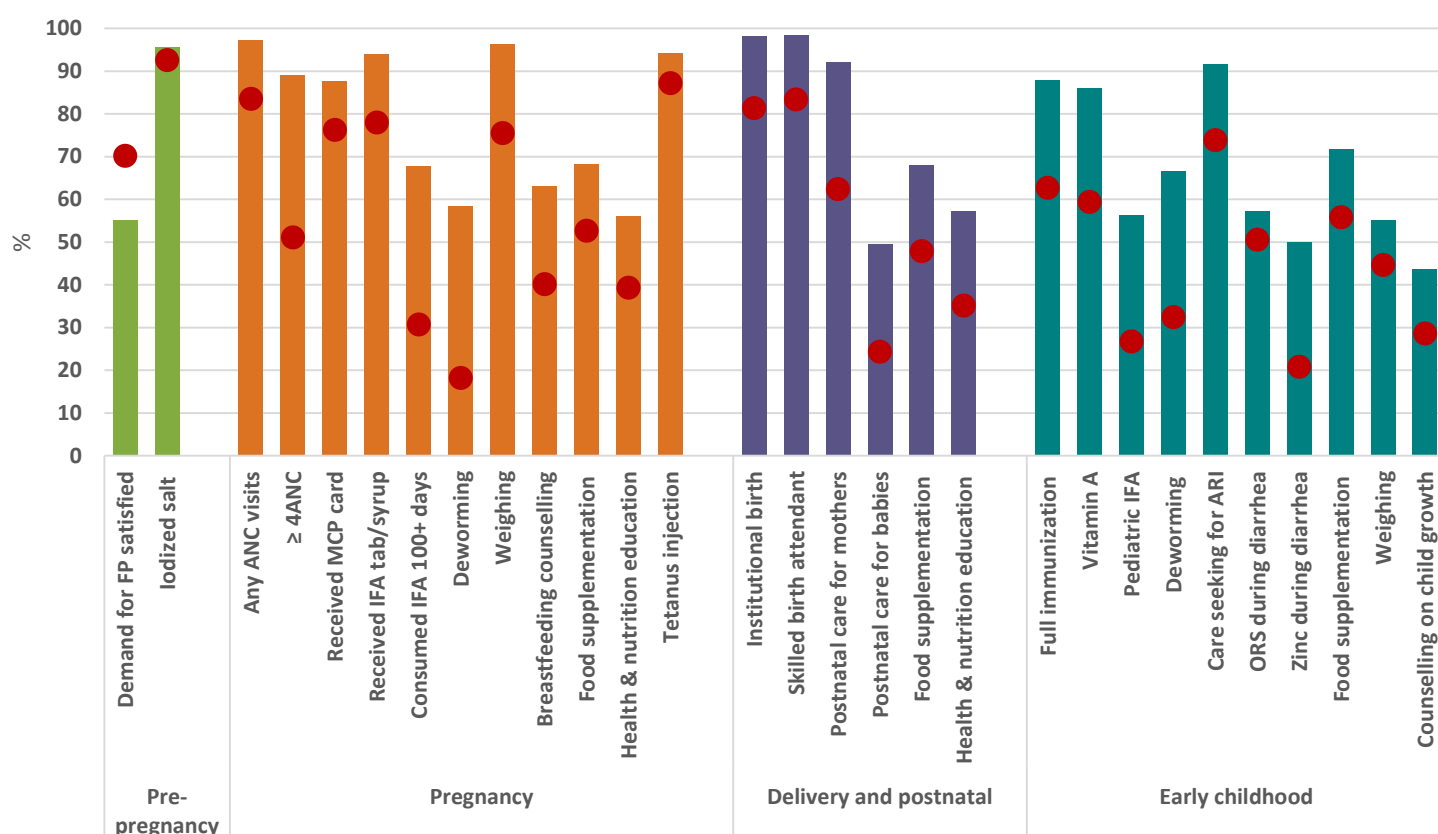
#### ABOUT THIS DATA NOTE

Nutrition-specific interventions are aimed at improving the proximal food, health, and care environment for women and children during the first 1000 days. They can help improve maternal and child health, improve diets and other nutrition practices, and reduce infections. These interventions span pregnancy, postnatal, and early childhood periods and include food and micronutrient supplementation, nutrition education and/or counselling, growth monitoring and promotion, as well as routine immunization, deworming, and care during illness. At 90% coverage, these interventions can contribute to 20% reduction in stunting and 61% reduction in severe wasting<sup>1</sup>.

India's policy framework for health and nutrition is robust and includes most evidence-based nutrition and health interventions. Two large-scale national program platforms – the Integrated Child Development Services and the National Health Mission together provide the public sector delivery platforms with the mandate to deliver these interventions across the country. India's efforts at scaling up nutrition interventions are now also supported by the National Nutrition Mission.

This *Data Note* describes the coverage of a set of key nutrition and health interventions. The findings here are based on data from the National Family Health Survey 2015-2016. Indicators to capture the coverage of the interventions here are all calculated for women (15-49 years) with a child under five years of age. All analyses are based on the last-born child for each woman and indicator definitions are provided in Annex 1 of this Note. For some indicators, age categories may vary.

**FIGURE 1 Coverage of interventions across the continuum of care, in 2016**



Note: ANC = Antenatal care; ARI = Acute respiratory infection; FP = Family planning; IFA = Iron and folic acid; MCP = Mother and child protection; ORS = Oral rehydration salts; The bars represent state average, the dots represent India average.  
Source: NFHS-4.

<sup>1</sup>Bhutta, Z.A., J.K. Das, A. Rizvi, M.F. Gaffey, N. Walker, S. Horton, P. Webb, A. Lartey, R.E. Black, Lancet Nutrition Interventions Review G, et al. 2013. "Evidence-based interventions for improvement of maternal and child nutrition: what can be done and at what cost?" *The Lancet* 382(9890):452-477.

**MAP 1 Percentage of women who received 4 or more ANC visits, by district, 2016**



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	93.9
South Goa	81.5

Source: NFHS-4.

**MAP 2 Percentage of women who were weighed during pregnancy, by district, 2016**



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	98.2
South Goa	93.8

Source: NFHS-4.

### MAP 3 Percentage of women who received or bought any IFA during pregnancy, by district, 2016

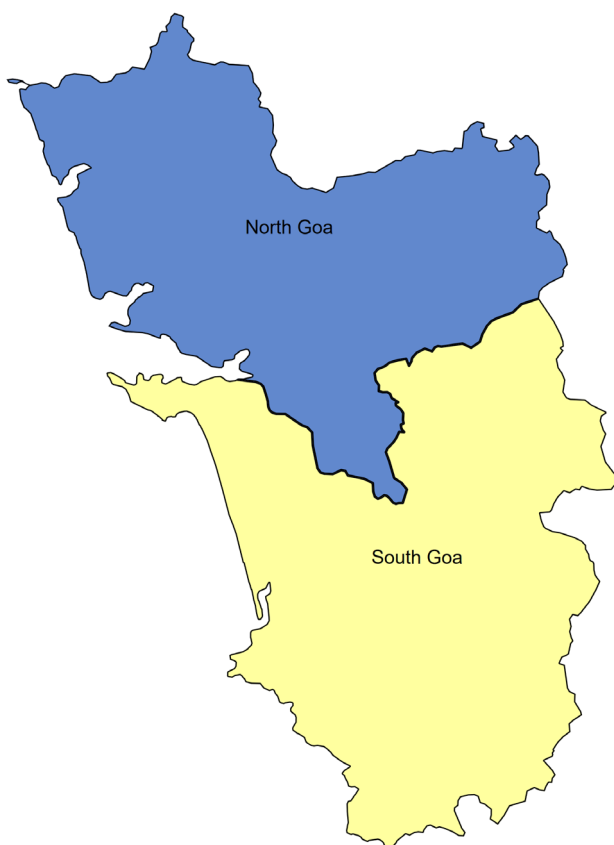


- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	98.7
South Goa	86.7

Source: NFHS-4.

### MAP 4 Percentage of women who consumed IFA for 100+ days during pregnancy, by district, 2016

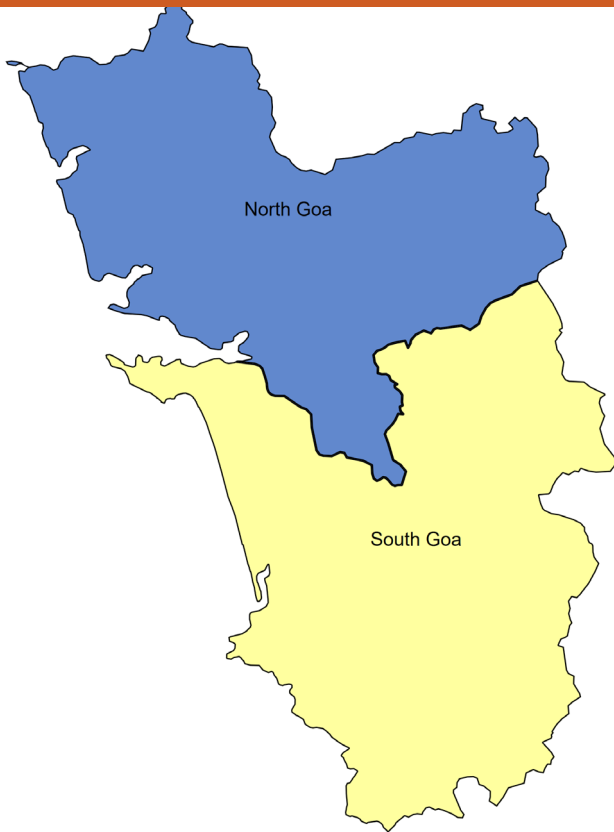


- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	88.6
South Goa	35.8

Source: NFHS-4.

## MAP 5 Percentage of women who received breastfeeding counselling during pregnancy, by district, 2016

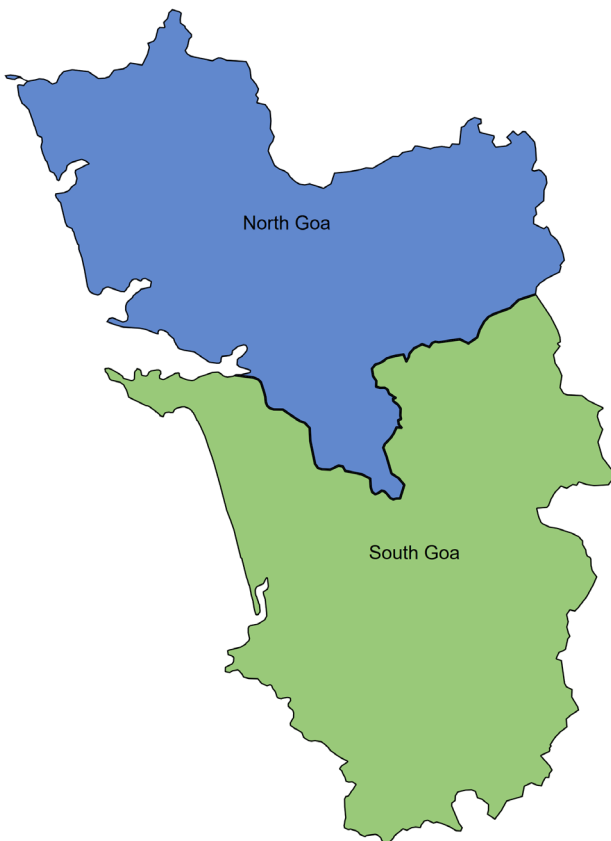


- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	79.0
South Goa	38.8

Source: NFHS-4.

## MAP 6 Percentage of women who received food supplements during pregnancy, by district, 2016



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	75.5
South Goa	57.4

Source: NFHS-4.

## MAP 7 Percentage of women who gave birth in a health facility, by district, 2016



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	99.2
South Goa	96.9

Source: NFHS-4.

## MAP 8 Percentage of women who received food supplements during lactation, by district, 2016



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	74.4
South Goa	58.6

Source: NFHS-4.

**MAP 9 Percentage of mothers who received postnatal care within two days of childbirth, by district, 2016**



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	94.4
South Goa	88.5

Source: NFHS-4.

**MAP 10 Percentage of children (0-59 months) who received postnatal care within two days of their birth, by district, 2016**



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	71.4
South Goa	16.2

Source: NFHS-4.

## MAP 11 Percentage of children (12-23 months) who were fully immunized, by district, 2016

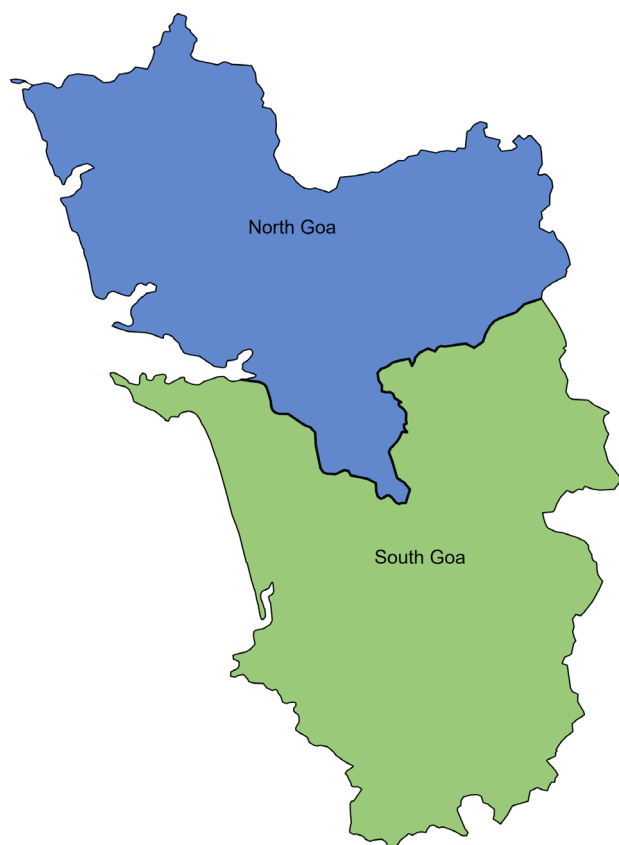


- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
South Goa	88.9
North Goa	86.8

Source: NFHS-4.

## MAP 12 Percentage of children (6-35 months) who received food supplements, by district, 2016



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	81.2
South Goa	58.0

Source: NFHS-4.

**MAP 13 Percentage of children (6-59 months) who received vitamin A supplements, by district, 2016**

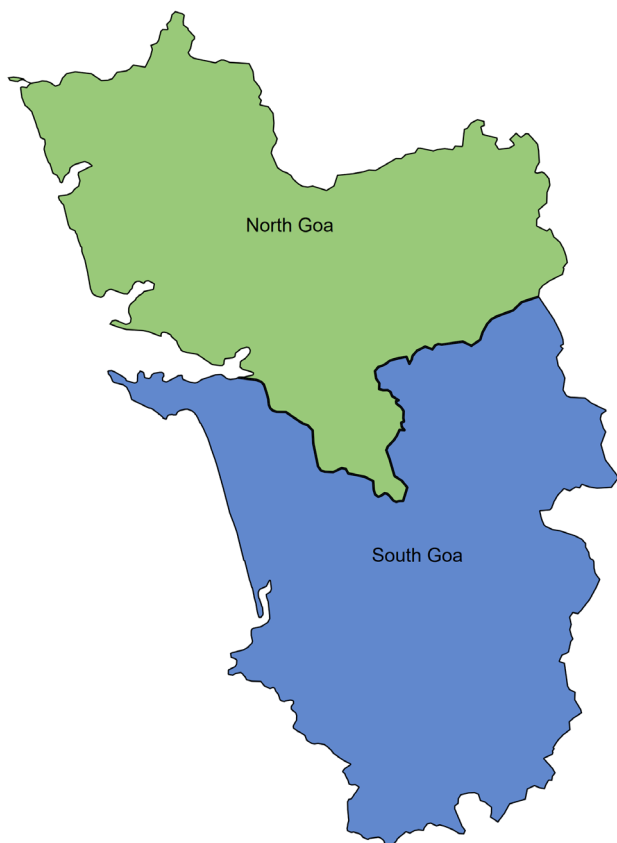


- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

District Ranking, %	
North Goa	90.8
South Goa	79.0

Source: NFHS-4.

**MAP 14 Percentage of children (0-59 months) with diarrhea who received ORS, by district, 2016**



- No data
- 0 - <25%
- 25 to <50%
- 50 to <75%
- ≥ 75%

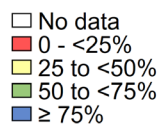
District Ranking, %	
South Goa	77.8
North Goa	53.6

Source: NFHS-4.

## MAP 15 Percentage of children (0-59 months) who were weighed in the last 12 months, by district, 2016



District Ranking, %	
North Goa	66.7
South Goa	37.7

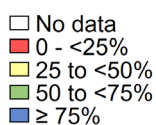


Source: NFHS-4.

## MAP 16 Percentage of mothers with children (0-59 months) who were counselled about child growth after their child was weighed, by district, 2016



District Ranking, %	
North Goa	61.3
South Goa	16.7



Source: NFHS-4.

# DASHBOARD: Coverage of nutrition-specific interventions, by district, 2016

<25%    25-<50%    50-<75%    ≥75%

State/District		GOA	North Goa	South Goa
Pre-pregnancy	Demand for FP satisfied	55.2	51.1	58.8
	Iodized salt	95.7	94.4	97.4
Pregnancy	Any ANC visits	97.1	98.7	94.8
	≥4ANC	89.0	93.9	81.5
	Received MCP card	87.7	91.4	82.0
	Received IFA tab/syrup	93.9	98.7	86.7
	Consumed IFA 100+ days	67.8	88.6	35.8
	Deworming	58.3	57.9	59.1
	Weighing	96.4	98.2	93.8
	Breastfeeding counselling	63.0	79.0	38.8
	Food supplementation	68.3	75.5	57.4
	Health & nutrition education	56.2	71.7	32.5
	Tetanus injection	94.2	97.5	89.3
Delivery & postnatal	Institutional birth	98.3	99.2	96.9
	Skilled birth attendant	98.5	99.7	96.7
	Postnatal care for mothers	92.1	94.4	88.5
	Postnatal care for babies	49.5	71.4	16.2
	Food supplementation	68.1	74.4	58.6
	Health & nutrition education	57.2	71.6	35.5
Early childhood	Full immunization	87.9	86.8	88.9
	Vitamin A	86.0	90.8	79.0
	Paediatric IFA	56.4	62.8	46.8
	Deworming	66.5	68.2	64.1
	Care seeking for ARI	91.6	88.4	100.0
	ORS during diarrhea	57.3	53.6	77.8
	Zinc during diarrhea	50.1	59.0	0.0
	Food supplementation	71.8	81.2	58.0
	Weighing	55.2	66.7	37.7
	Counselling on child growth	43.6	61.3	16.7

Source: NFHS-4

## Summary of findings

- **High coverage ( $\geq 75\%$ ):** Sustained efforts are required to maintain the high coverage for the following interventions:
  - *Before & during pregnancy:* iodized salt, any ANC visits, at least 4 ANC visits, MCP cards, IFA supplementation, weighing, tetanus toxoid injection.
  - *Delivery & postnatal:* institutional births, skilled birth attendant, postnatal care for mothers.
  - *Early childhood:* full immunization, vitamin A supplementation, care seeking for ARI.
- **Low coverage ( $< 50\%$ ):** The state should focus efforts on increasing coverage of the following interventions:
  - *Before & during pregnancy:* no interventions were low coverage.
  - *Delivery & postnatal:* postnatal care for babies.
  - *Early childhood:* counselling on child growth after weighing.
- **Missed opportunities:** Coverage of postnatal care is higher for mothers than for babies, especially in South Goa. Many women receive some IFA but fewer are consuming IFA for at least 100 days during pregnancy. Coverage in South Goa is generally lower than coverage in North Goa.

## ANNEX 1 Definition of indicators used in the analyses

Indicators	Definition
<b>Pre-pregnancy</b>	
Demand for FP satisfied	Percentage of women (15-49 years) who have their need for family planning satisfied with modern methods.
Iodized salt	Percentage of households with children under 5 years of age using iodized salt.
<b>Pregnancy</b>	
Any ANC visits	Percentage of women (15-49 years) with children under 5 years of age who were attended by any trained provider ever or at least once, when they were pregnant with their youngest child.
$\geq 4$ ANC	Percentage of women (15-49 years) with children under 5 years of age who were attended by any trained provider 4 or more times, when they were pregnant with their youngest child.
Received MCP card	Percentage of women (15-49 years) with children under 5 years of age who received the Mother and Child Protection card after pregnancy registration, when they were pregnant with their youngest child.
Received IFA	Percentage of women (15-49 years) with children under 5 years of age who received or bought any IFA tablets/syrup, when they were pregnant with their youngest child.
Consumed IFA for 100+ days	Percentage of women (15-49 years) with children under 5 years of age who consumed IFA tablets/syrup for 100 days or more, when they were pregnant with their youngest child.
Deworming	Percentage of women (15-49 years) with children under 5 years of age who received any deworming drug, when they were pregnant with their youngest child.
Weighing	Percentage of women (15-49 years) with children under 5 years of age who were weighed when they were pregnant with their youngest child.
Breastfeeding counselling	Percentage of women (15-49 years) with children under 5 years of age who received advice on breastfeeding from any provider, when they were pregnant with their youngest child.
Food supplementation	Percentage of women (15-49 years) with children under 5 years of age who received food supplements from the <i>anganwadi center</i> (AWC), when they were pregnant with their youngest child.
Health & nutrition education	Percentage of women (15-49 years) with children under 5 years of age who received health and nutrition education from the AWC, when they were pregnant with their youngest child.
Tetanus injection	Percentage of women (15-49 years) with children under 5 years of age who received at least 2 TT injections when they were pregnant with their youngest child.
<b>Delivery and postnatal care</b>	
Institutional birth	Percentage of women (15-49 years) with children under 5 years of age who delivered their youngest child in a health facility.
Skilled birth attendant	Percentage of women (15-49 years) with children under 5 years of age who were attended by skilled health personnel when they delivered their youngest child.
Postnatal care for mothers	Percentage of women (15-49 years) with children under 5 years of age who received postnatal care, while in facility or at home, two days after they delivered their youngest child.
Postnatal care for babies	Percentage of last-born children (0-59 months) in the last 5 years, who received postnatal care within two days after they were born.
Food supplementation	Percentage of women (15-49 years) with children under 5 years of age who received food supplements from the AWC, when they were breastfeeding their youngest child.
Health & nutrition education	Percentage of women (15-49 years) with children under 5 years of age who received health and nutrition education from the AWC, when they were breastfeeding their youngest child.
<b>Early childhood</b>	
Full immunization	Percentage of last-born children (12-23 months) in the last 5 years who received one dose of BCG vaccine, three doses of polio vaccine, three doses of DTP3 vaccine, and one dose of measles vaccine.
Vitamin A	Percentage of last-born children (6-59 months) in the last 5 years, who received vitamin A supplements in the six months preceding the survey.
Pediatric IFA	Percentage of last-born children (6-59 months) in the last 5 years, who received iron supplements in the last 7 days prior to the survey.
Deworming	Percentage of last-born children (12-59 months) in the last 5 years, who received albendazole or any other deworming drug in the last 6 months prior to the survey.
Care seeking for ARI	Percentage of last-born children (0-59 months) in the last 5 years, with suspected ARI symptoms in the last two weeks, who were taken to a health care provider.
ORS during diarrhea	Percentage of last-born children (0-59 months) in the last 5 years, with diarrhea in the last two weeks, who received ORS.
Zinc during diarrhea	Percentage of last-born children (2-59 months) in the last 5 years, with diarrhea in the last two weeks who received zinc.
Food supplementation	Percentage of last-born children (6-35 months) in the last 5 years, who received food supplements from the AWC in the last 12 months prior to the survey.
Weighing	Percentage of last-born children (0-59 months) in the last 5 years, who were ever weighed in the last 12 months.
Counselling on child growth	Percentage of women (15-49 years) with children under 5 years of age, who were counselled about their youngest child's growth after they were weighed in the last 12 months prior to the survey.

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## ABOUT POSHAN

Partnerships and Opportunities to Strengthen and Harmonize Actions for Nutrition in India (POSHAN) is a multi-year initiative that aims to support the use of data and evidence in decision-making for nutrition in India. It is supported by the Bill & Melinda Gates Foundation and led by IFPRI in India.

## ABOUT DATA NOTES

POSHAN Data Notes focus on data visualization to highlight geographic and/or thematic issues related to nutrition in India. They draw on multiple sources of publically available data.

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